

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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A256 – ALMONDS, WHOLE, NATURAL, 25 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. No. 1 Grade natural almonds, unsalted.
PACK/YIELD	<ul style="list-style-type: none"> 25 lb bag. One 25 lb bag AP yields about 87½ cups chopped almonds and provides about 400.0 1-oz servings nuts. One lb AP yields about 3½ cups chopped almonds and provides about 16.0 1-oz servings nuts. CN Crediting: 1 oz almonds provides 1 oz-equivalent meat/meat alternate. NOTE: Nuts and seeds may meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs.
STORAGE	<ul style="list-style-type: none"> Store almonds off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 - 70%). If ideal storage conditions are not available, store almonds under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Almonds, unsalted

	1 oz (28 g)	¼ c (36 g)
Calories	164	207
Protein	6.03 g	7.60 g
Carbohydrate	5.60 g	7.06 g
Dietary Fiber	3.3 g	4.2 g
Sugars	1.36 g	1.72 g
Total Fat	14.36 g	18.10 g
Saturated Fat	1.10 g	1.39 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.22 mg	1.54 mg
Calcium	70 mg	89 mg
Sodium	0 mg	0 mg
Magnesium	78 mg	98 mg
Potassium	206 mg	260 mg
Vitamin A	1 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	7.33 mg	9.25 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Almonds can be eaten as is, used in recipes, or toasted. TO TOAST: Spread almonds in a single layer on a baking pan and bake at 300-350 °F for 8-10 minutes, stirring occasionally until almonds darken slightly (they will continue to brown slightly when removed from the oven).
USES AND TIPS	<ul style="list-style-type: none"> Natural almonds are good for baking and cooking. Almonds are a tasty and nutritious addition to rice dishes, vegetable dishes, casseroles, stuffings, salads, baked goods, and desserts; they are a wonderful addition to granola; when chopped, they also make an excellent substitute for bread crumbs as a topping for casseroles or as a breading for fish or poultry. Toasted almonds make a good snack.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.